



Donnybrook Timetable

7th Sept - 6th Dec 2020

MONDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills RPM	45 mins	Beatz
07:15	Raw Power	30 mins	Pump
09:30	Les Mills Core	30 mins	Pump
12:30	Raw Cardio	30 mins	Astro
17:00	Raw Suspense	30 mins	Astro
17:30	Vinyasa Yoga	30 mins	Pump
18:10	Les Mills BodyPump	45 mins	Pump
18:40	Raw Power	30 mins	Astro
19:15	Les Mills RPM	45 mins	Beatz
20:05	Raw Cardio	30 mins	Astro
20:30	Pilates	45 mins	Pump

TUESDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Raw Power	30 mins	Pump
07:15	Les Mills BodyPump	45 mins	Pump
10:00	Raw Cardio	30 mins	Astro
12:30	Raw Suspense	30 mins	Astro
17:00	Raw Kettlebell	30 mins	Astro
17:30	Pilates Express	30 mins	Pump
18:10	Les Mills RPM	45 mins	Beatz
18:40	Raw Shadow Box	30 mins	Boxing
19:15	Les Mills BodyPump	45 mins	Pump
20:05	Raw Suspense	30 mins	Astro
20:30	Yoga	45 mins	Pump

WEDNESDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills RPM	45 mins	Beatz
07:15	Raw Cardio	30 mins	Astro
09:30	Yoga	45 mins	Pump
12:30	Raw Glute	30 mins	Pump
17:00	Les Mills Core	30 mins	Pump
17:30	Raw Cardio	30 mins	Astro
18:10	Les Mills BodyPump	45 mins	Pump
18:40	Raw Kettlebell	30 mins	Astro
19:15	Raw Power	30 mins	Pump
20:05	Les Mills RPM	45 mins	Beatz
20:30	Pilates	45 mins	Pump

THURSDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Les Mills BodyPump	45 mins	Pump
07:15	Raw Power	30 mins	Astro
10:00	Les Mills Core	30 mins	Pump
12:30	Raw Power	30 mins	Pump
16:30	Pilates Express	30 mins	Pump
17:30	Raw Suspense	30 mins	Astro
18:10	Les Mills RPM	45 mins	Beatz
18:40	Raw Shadow Box	30 mins	Boxing
19:15	Les Mills Core	30 mins	Pump
20:05	Raw Glute	30 mins	Astro
20:30	Yoga	45 mins	Pump

FRIDAY

TIME	CLASS	LENGTH	STUDIO
06:30	Raw Power	30 mins	Pump
07:15	Pilates	45 mins	Pump
09:30	Raw Kettlebell	30 mins	Astro
12:30	Raw Cardio	30 mins	Astro
16:30	Raw Glute	30 mins	Pump
17:30	Les Mills Core	30 mins	Pump
18:10	Les Mills RPM	45 mins	Beatz
19:15	Yoga	45 mins	Pump

SATURDAY

TIME	CLASS	LENGTH	STUDIO
09:10	Yoga	45 mins	Pump
10:10	Les Mills RPM	45 mins	Beatz
11:10	Les Mills BodyPump	45 mins	Pump
12:10	Raw Power	30 mins	Pump
13:10	Raw Kettlebell	30 mins	Astro

SUNDAY

TIME	CLASS	LENGTH	STUDIO
10:10	Les Mills Core	30 mins	Pump
11:10	Yogalates	45 mins	Pump
12:10	Les Mills RPM	45 mins	Beatz
13:10	Pilates	45 mins	Pump

ATTITUDE IS EVERYTHING